



# RAF Lakenheath Hearts Apart Bulletin

September 2026

## ***Emergency Preparedness: Equipping Your Homefront for the Unexpected***

Emergency preparedness is a critical component of family readiness, especially when a loved one is deployed. Frequent relocations, changes in routine, and the unpredictability of military life mean that having a solid plan is essential. September is National Preparedness Month, a time to focus on household resilience, ensuring self-sufficiency, and establishing emergency plans to safeguard your homefront.

### **Understanding the Preparedness Reality**

| Preparedness Reality                        | Homefront Challenge                                                                                                                               | Preparedness Strategy                                                                                                                                                 |
|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The "72-Hour" Standard</b>               | Severe weather or power outages can leave solo parents managing sudden household disruptions completely on their own while base assets are taxed. | Aim for Self-Sufficiency: Maintain a kit with 3 days of water (1 gal/person/day), non-perishable food, flashlights, batteries, and a first-aid kit.                   |
| <b>Information &amp; Communication Gaps</b> | Disasters can disable local cell networks, cutting off contact with your deployed spouse and making base updates difficult to receive.            | Establish a Family Plan: Write down physical copies of emergency numbers, designate an off-site contact, and keep DEERS updated so the unit can reach you.            |
| <b>Specialized &amp; Medical Needs</b>      | Families with infants, pets, or medical requirements (including EFMP dependents) need highly customized supplies that basic kits omit.            | Create a "Grab-and-Go" Binder: Keep physical copies of IDs, Power of Attorney, medical records, and EFMP paperwork alongside specific items like diapers or pet food. |

### **Actionable Steps & Installation Resources**

| Action Item                                | Recommended Approach                                                                                                                                                                                                                                   |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Register with Base Support Networks</b> | Ensure the School Liaison Officer (SLO), your spouse's First Sergeant, and the local Key Support Liaison network have your current contact details for checks and support.                                                                             |
| <b>Involve Children in Prep</b>            | Make preparedness less scary by letting kids help build your home kit. Have them select a comfort toy, small games, and favorite snacks to keep in the kit.                                                                                            |
| <b>Ensure Active Power of Attorney</b>     | Visit the base legal office before emergencies happen. Ensure you have an active Attorney (POA) to make housing and medical decisions.                                                                                                                 |
| <b>Update AFPAAS Information</b>           | Keep your family's contact details updated in the Air Force Personnel Accountability and Assessment System (AFPAAS). In a disaster, log on to <a href="https://afpaas.af.mil">afpaas.af.mil</a> to report your status and request recovery assistance. |



*The Air Force Civil Engineer Center has produced a new product the Air Force "Be Ready" Mobile App. This app supports the Air Force "Be Ready" Awareness Campaign and complements the Air Force Emergency Preparedness Guide.*

### **Resource Highlight:**



[https://play.google.com/store/apps/details?id=air.com.ara.brapp&hl=en\\_US](https://play.google.com/store/apps/details?id=air.com.ara.brapp&hl=en_US)



<https://apps.apple.com/us/app/air-force-be-ready/id660883197pli=1>

# September Events

Staying active and growing social connections can be key to coping with the challenges of deployment.  
There's always something going on at RAF Lakenheath – Here's a small sampling!

| Date |                                                                                                                                                                                                                            |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | <b>Community Center:</b> Page Play Link, 9 am – 11 am                                                                                                                                                                      |
| 2    | <b>Liberty Club:</b> Southern Buffet, 11 am – 1:30 pm                                                                                                                                                                      |
| 3    | <b>Red Cross:</b> Cozy Loop, 9:30 am – 12 pm                                                                                                                                                                               |
| 4    | <b>USO:</b> Deployed Family Reading Program Day, 10 am – 3 pm, <a href="https://www.signupgenius.com/go/10C0549A5AC2BA7F8CF8-65023377-deployed">https://www.signupgenius.com/go/10C0549A5AC2BA7F8CF8-65023377-deployed</a> |
| 5    | <b>Community Center:</b> Open Skate, 10 am – 1 pm                                                                                                                                                                          |
| 6    | <b>ITT:</b> London DYO                                                                                                                                                                                                     |
| 7    | <b>ITT:</b> Harry Potter Studio Tour                                                                                                                                                                                       |
| 8    | <b>Arts &amp; Crafts:</b> Canvas Painting: Pet Portraits, 6 pm – 8 pm                                                                                                                                                      |
| 9    | <b>Community Center:</b> Page Play Link, 9 am – 11 am                                                                                                                                                                      |
| 10   | <b>USO:</b> Deployed Family Bingo Night, 6 pm, <a href="https://register.uso.org/Hr9yzDr7/5a2FUv13fAv">https://register.uso.org/Hr9yzDr7/5a2FUv13fAv</a>                                                                   |
| 11   | <b>Ward Community Center:</b> Welcome Sign Workshop, 5 pm – 7 pm                                                                                                                                                           |
| 12   | <b>Liberty Club:</b> Corn Hole Tournament, 6 pm – 9 pm                                                                                                                                                                     |
| 13   | <b>ITT:</b> Dover Castle                                                                                                                                                                                                   |
| 14   | <b>USO:</b> Sweet Start, 12 pm                                                                                                                                                                                             |
| 15   | <b>RAFL Fitness Center:</b> Cycle, 5 pm – 5:45 pm                                                                                                                                                                          |
| 16   | <b>USO:</b> MilSpouse Connections, 10 am, <a href="https://register.uso.org/Hr9yzDr7/5a2FUv12d4s">https://register.uso.org/Hr9yzDr7/5a2FUv12d4s</a>                                                                        |
| 17   | <b>Arts &amp; Crafts:</b> Clock Making, 5:30 pm – 7:30 pm                                                                                                                                                                  |
| 18   | <b>USO:</b> Air Force Birthday Kids Craft, 10 am – 4:30 pm                                                                                                                                                                 |
| 19   | <b>Liberty CLub:</b> Oktoberfest, 5 pm – 1 am                                                                                                                                                                              |
| 20   | <b>ITT:</b> Warwick Castle                                                                                                                                                                                                 |
| 21   | <b>USO:</b> Deployed Partner Connections, 10 am, <a href="https://register.uso.org/Hr9yzDr7/5a2FUv13hz7">https://register.uso.org/Hr9yzDr7/5a2FUv13hz7</a>                                                                 |
| 22   | <b>Arts &amp; Crafts:</b> Charcoal Basics                                                                                                                                                                                  |
| 23   | <b>USO:</b> Craft & Create, 10 am, <a href="https://register.uso.org/Hr9yzDr7/5a2FUv12bbW">https://register.uso.org/Hr9yzDr7/5a2FUv12bbW</a>                                                                               |
| 24   | <b>Liberty Club:</b> Paint ‘n Sip, 5:30 pm – 7:30 pm                                                                                                                                                                       |
| 25   | <b>Community Center:</b> Evening Skate, 6:30 pm – 9:30 pm                                                                                                                                                                  |
| 26   | <b>USO:</b> RAFL SAFER Day, 10 am – 2 pm                                                                                                                                                                                   |
| 27   | <b>ODR:</b> Skydiving                                                                                                                                                                                                      |
| 28   | <b>RAFL Fitness Center:</b> Yoga, 5 pm – 6 pm                                                                                                                                                                              |
| 29   | <b>USO:</b> Loteria Night, 6 pm, <a href="https://register.uso.org/Hr9yzDr7/5a2FUv13i3x">https://register.uso.org/Hr9yzDr7/5a2FUv13i3x</a>                                                                                 |
| 30   | <b>Community Center:</b> Page Play Link, 9 am – 11 am                                                                                                                                                                      |

|                                                                    |                                                             |                                                  |                                                 |
|--------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|
| Military & Family Readiness Center<br>Bldg 950 / Ph: 01638 52 3847 | Arts & Crafts Center<br>Bldg 906 / Ph: 01638 52 2194        | Eagle’s Landing<br>Bldg. 958 / Ph: 01638 52 5113 | Education Center<br>Bldg 948                    |
| ITT<br>RAFL BX / Ph: 0168 52 2979                                  | RAF Lakenheath Chapel<br>Bldg 990 / Ph: 01638 52 3711       | Liberty Club<br>Bldg 648 / Ph: 01638 52 1211     | Liberty Library<br>Bldg 907 / Ph: 01638 52 3713 |
| Outdoor Recreation (ODR)<br>Bldg 1109 / Ph: 01638 52 2146          | Page Community Center (PCC)<br>Bldg 900 / Ph: 01638 52 1661 | Red Cross<br>Bldg 872 / Ph: 01638 52 1855        | USO<br>Bldg 670 / lakenheath@uso.org            |

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